

# FALL 2013

## Afterschool Programs

Held at Daniels Run Elementary

**3:40pm – 4:30pm**

**Tuesdays (Oct 8 - Dec 3) OR**

**Thursdays (Oct 10 - Dec 5)**

*Children will be called down to the cafeteria at school dismissal. Sign out from cafeteria at 4:30pm.*

*Please provide a snack.*



### Soccer

Learn valuable soccer skills through age appropriate activities in a safe and fun environment. Licensed professional soccer coaches will teach children first touch, dribbling, passing, finishing and defending skills. A strong emphasis will be placed on foot skills during the program.

**Session A - Grades K-6: Thursdays**

**Instructor: American Sport Academy**

**Fee: \$89**

### New! Adventure Fitness

Ready, set, lets get fit! Come join us for 50 minutes of fun and fitness. Adventure fitness camp teaches kids proper form for body weight exercises, setting the foundation for a healthy lifestyle. We will play fitness games, tug of war, relay race, and much more to get your camper fit and have fun!

**Session A - Grades 2-6: Tuesdays**

**Instructor: Fairfax Adventure Boot Camp**

**Fee: \$60**

### Yoga

Yoga made fun! To channel high energy and develop concentration, this class builds fitness, self-confidence and re-directs restless energy while allowing children to be their playful and imaginative selves. Mats are not required but if have one please bring to class or a towel to sit on.

**Session A - Grades 1-3: Thursdays**

**Instructor: Eileen Kragie**

**Fee: \$50**

### Multi-Sports

Children learn the basic rules, skills and modified games involved with a particular sport – including American and European sports. A different sport each week!! Sports include – Basketball, Flag Football, Soccer, Rounder's, Netball, Cricket, Field Hockey, Rugby, Volleyball, Baseball/ Softball, Lacrosse.

**Session A - Grades K-6: Tuesdays**

**Instructor: American Sport Academy**

**Fee: \$89**

### Karate

Students learn the basic levels of martial arts while participating in a fun, exciting atmosphere. Class is tailored to student's individual needs and helps them grow to their fullest potential possible. Karate classes not only focus on instruction, but also learning valuable lessons related to discipline, motivation, self-control, and continual improvement. This class is open to new students and all belt levels.

**Session A - Grades K-5: Thursdays**

**Instructor: Kaizen Karate**

**Fee: \$100**

### Drawing for kids

A Different Kind of Learning! Young Rembrandts teaches children how to draw using an engaging methodology that all children can succeed with. We learn about drawing and art, while developing academic, conceptual, and critical thinking skills. It's good, creative FUN!

- **Our Students Can Expect:** To draw a new interesting lesson every class!, To learn true artist concepts in art, drawing, and color technique and To have fun and express yourself creatively!
- **Our Parents Can Expect Improved:** Attention to detail, time on task, Visual / Spatial organization skills, Creative and problem-solving skills and Discipline, persistence, and patience

**Session A (K-1st): Tuesdays**

**Session B (2 to 6th): Thursdays**

**Instructor: Young Rembrandts**

**Fee: \$104**

**TO REGISTER: (deadline: Fri 10/4)**

**ONLINE:** [WWW.FAIRFAXVA.GOV/PARKSREC](http://WWW.FAIRFAXVA.GOV/PARKSREC)

**FAX:** (703) 246-6321

**703-385-7858**

**WALK IN OR BY MAIL:**

- GREEN ACRES, 4401 SIDEBURN RD.
- CITY HALL, 10455 ARMSTRONG ST.
- SHERWOOD CENTER, 3740 OLD LEE HIGHWAY